

Each person's response to pain is different. Our goal is to help you have good pain control. Pain management is a joint effort between you, your family and your health care providers. Proper pain management results in better mobility, fewer surgical complications and shorter hospital stays.

Pain-the 5th Vital Sign

Taking vital signs helps your providers know how your body is feeling. Pain levels will now be part of measuring your vital signs. Vital signs that are taken from now on will include:

1. Temperature
2. Pulse
3. Respiration (breaths)
4. Blood Pressure
5. Pain (The 5th Vital Sign)

How will my pain be measured?

You will be asked to rate your pain on a Scale from 0 to 10. Zero (0) is the lowest. Ten (10) is the highest. This is what the Pain Scale means:

- 0-1** No pain to just barely noticeable.
- 2-3** Pain is present but you may have to stop and think about it.
- 4-5** You may notice your pain perhaps at rest or during the day.
- 6-7** Your pain is distracting you. You may be gritting your teeth to carry out activities.
- 8-9** It is difficult to think of anything else but your pain.
- 10** Your pain is now the worst you can imagine.

What should you tell your provider?

1. Where does it hurt?
2. When did the pain begin?
3. What does it feel like? (Sharp, dull)
4. How does the pain interfere with your daily routine? (for example - work, recreation, sleep)
5. What is the highest level your pain has been?
6. What makes the pain better?
7. What makes the pain worse?



**To help you remember:
*Keep a pain diary.***



Who should I contact for information or questions?

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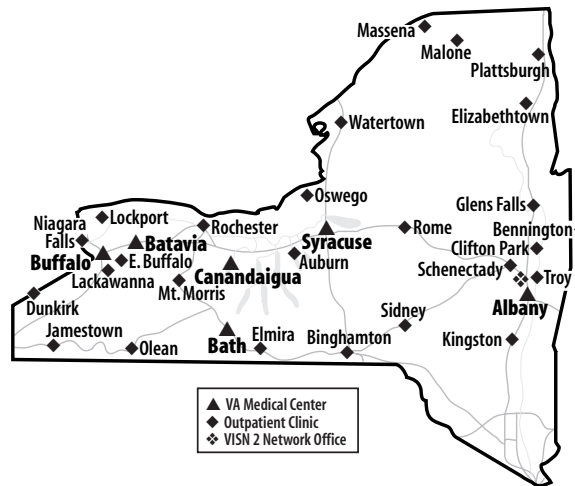
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*Pain Management
 and You*

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